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wobble-signal processing means for extracting a wobble signal from the signal the head means has read from the recording/reproducing area, and for holding a PLL circuit designed to reproduce a sync signal from the wobble signal, while no normal wobble signal is obtained.

~~2.~~ The recording/reproducing apparatus according to claim 1, wherein the wobble-signal processing means holds the PLL circuit in accordance with a pulse that switches the operating mode from reproducing mode to recording mode.

3. The recording/reproducing apparatus according to claim 1, wherein the wobble-signal processing means holds the PLL circuit in accordance with a pulse that switches the operating mode from recording mode to reproducing mode.

4. The recording/reproducing apparatus according to claim 1, wherein the wobble-signal processing means holds the PLL circuit in accordance with a track-jump pulse that effects a track jump.

5. The recording/reproducing apparatus according to claim 2, wherein the

wobble-signal processing means holds the PLL circuit in accordance with an address-area pulse while the head means is reading the address data from the address data area.

6. A recording/reproducing method of recording and reproducing data on and from a disk-shaped recording medium that has an address data area having emboss pits and a recording/reproducing area having a wobbling spiral groove, said method comprising the steps of:

extracting a wobble signal from a signal head means has read from the recording/reproducing area; and

holding a PLL circuit designed to reproduce a sync signal from the wobble signal, while no normal wobble signal is obtained.

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